



Pedometer Project



Grades 5&6

Take home date 11/3 Return date 11/9

NASPE Standard #3: A physically educated person participates regularly in physical activity.

- Learning Outcome: Students will learn about how technology can be used to measure activity amounts. Students will learn how to use step counter pedometers. Students will track step totals for two days, one being a PE day and one a non PE day. Students will teach their parents how to use a pedometer. Students will analyze reasons for similarities or differences in pedometer counts.

Grade range

90-100 Student completes all requirements, writes complete answers and returns paper and pedometer on time.	80-90 Student completes all requirements, writes complete answers and returns paper and pedometer 1 day late.	80-90 Student only completes some requirements, writes short answers and returns paper and pedometer on time.	50-80 Student completes some requirements, writes short answers and returns paper and pedometer 2-5 days late.	0-50 Student doesn't complete assignment or doesn't return paper or pedometer within 5 days.
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1. Students will wear a pedometer from when they get up until bedtime on a PE day and a non PE day. The total number of steps for each day needs to be recorded below.

PE day date _____

Total steps _____

What other activities did you have that day? _____

What was the weather? _____

Non PE day date _____
Total steps _____
What other activities did you have that day? _____
What was the weather? _____

Parent day date _____
Total steps _____
Does your parent work out? _____
If yes what is the activity? _____
What was the weather? _____

Parent signature _____

- 2. Student will analyze the reasons for the similarities or differences between the two different student days.

Were there differences in the amount of steps on the two different days you wore the pedometer?

Explain why you think there were or were not differences.



Were there differences between the amount of steps between you and your parent?

Explain why you think there were or were not differences between you and your parents.



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